

## Oatmeal Scones

*Makes 16 scones*

1½ cups flour	¼ cup butter, melted
1 cup old-fashioned oats	¾ cup low-fat vanilla yogurt
2 tablespoons packed brown sugar	1 egg
1 tablespoon baking powder	½ cup dried blueberries, cherries or cranberries
1 teaspoon cream of tartar	
½ teaspoon salt	

In medium bowl, combine flour, oats, sugar, baking powder, cream of tartar and salt. In small bowl, mix together melted butter, yogurt and egg; add berries or cherries and blend. Pour into dry ingredients and stir until just moistened. Dough will be sticky. Let rest for 30 minutes.

Turn out onto cookie sheet coated with cooking spray. Lightly spray fingers or cover dough with a square of plastic wrap. Pat dough into a 10-inch circle. Remove plastic, if used. Cut into 16 wedges using a sharp knife. Bake 10 to 12 minutes in a preheated 450° oven. Cool slightly, cut wedges apart if needed and transfer to cooling rack. Serve with butter and/or jelly.

**Nutrition analysis:** *One scone provides about: 127 calories, 3 g protein, 20 g carbohydrates, 1 g fiber, 4 g fat (2 g saturated, 0 trans fat), 22 mg cholesterol, 24 mcg folate, 1 mg iron and 206 mg sodium.*

**Exchanges:** *1 bread/starch, 1 fat.*

## Whole Wheat Sugar Cookies

*Makes 3 dozen*

1 cup packed brown sugar	1 ¾ cup whole wheat flour
½ cup butter, softened	1 teaspoon baking powder
1 egg	½ teaspoon baking soda
2 tablespoons low-fat milk	¼ teaspoon salt
¼ teaspoon almond extract	1 to 2 tablespoons granulated sugar
1 teaspoon vanilla extract	

In medium bowl, using an electric mixer, cream together sugar and butter until fluffy, about 3 minutes. Add egg, milk, extracts and mix well. Blend together flour, baking powder, soda and salt. Add to egg mixture and continue to mix until well blended.

Shape dough into balls, using about 2 teaspoons each. Roll in granulated sugar. Place about 2 inches apart on cookie sheet coated with cooking spray. Flatten cookie slightly. Bake in a preheated 375° oven for 9 to 10 minutes. Cool on pan for 2 minutes and transfer to wire rack.

**Nutrition analysis:** *One cookie provides approximately: 71 calories, 1 g protein, 11 g carbohydrates, 1 g fiber, 3 g fat (2 g saturated, 0 trans fat), 13 mg cholesterol, 2 mcg folate, 0 mg iron and 78 mg sodium.*

**Exchanges:** *1 bread/starch, 1 fat.*